



Fun with Senior Fitness

and walking Classes
530-225-5126

Classes are free unless designated by a \$, indicating class is low-cost or donation

Class Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black Butte Jr. High (Class in Gym) 7752 Ponderosa Way, Shingletown- Linda K. 474-4769		9-10 a.m.		9-10 a.m.		
City of Redding Recreation Senior Center - 246-3042 2290 Benton Dr. Redding - Iris B. 605-9489, Bridget 524-5228	8-9 a.m.		8-9 a.m.			
First Presbyterian Church 2315 Placer Road, Redding - Barbara Hester 241-7409		9-10 a.m.		9-10 a.m.		
Mt. Senior Center 20635 Roff Way, Burney Terry 335-2164		10-10:45 a.m.		10-10:45 a.m.		
Mt. Vista's Senior Apts. I & II 675 Peppertree, Redding Frances and Helen 241-8486		10-11 a.m.		10-11 a.m.		
Redding Pilgrim House Senior Living 910 Canby Rd. Redding - Karleen 222-1876		10-11 a.m.			10-11 a.m.	
Additional Community Sites:						
YMCA, Redding Membership or day pass required Senior discount available 246-9622						
City of Redding Aquatic Ctr. \$ <i>Arthritis classes available also</i> 44 Quartz Hill Road, Redding 225-4095						
Redding Rancheria 2000 Redding Rancheria Rd, Redding <i>Clinic Patients & members only.</i> 242-7510						

Please call the class instructor BEFORE you attend to make sure the times are correct